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psychiatry has been a wonderful success. It has taught us that some mental deviation from normal accompanies every form of physical ailment, that it must be studied and met as intelligently as possible, and that we do untold harm when we ignore it. We have had many opportunities to observe skillful handling of trying situations, we have seen the quick effect of the right word spoken at the proper moment, and we trust we have been able to acquire, if only to a limited degree, a little of the valued art of tactfulness which we have seen used with such success by the specialists in this branch of our profession. We are satisfied that our training has been rounded out, we feel a little more sure of ourselves in many ways, we have gained numerous interests, and we have learned a deep respect for psychiatrists and the work they are engaged in. We hope that nurses are not going to hand over all of this interesting service with its promising future, to the social worker. It holds fully as much for us as for them and we, who have had this exceptional opportunity, hope to spread our enthusiasm among the students in training schools where the course in psychiatry is optional or not included at present in the curriculum.

HEALTH SUPERVISION IN PUBLIC SCHOOLS¹

BY EULA G. CHRISTIAN, R.N.

Greensburg, Ind.

The recently-elected, one-armed, president of Mexico, General Obregon, rightly sensed the spirit of the times when he made the statement that he would rather teach the Mexican people to use the tooth brush than to handle the gun. When we find, right here, in our own wonderful United States, that out of a room full of tots, only half a dozen have perfect teeth, we know that he was right.

"Every child has a right to be as healthy as present knowledge can make him," the Bureau of Education tells us, but it is a problem of psychology to decide that force is not to be used in the process of his becoming healthy. How we would like to take the child out of his present environment and mold him to our liking, for we grow to love the children, and it is hard to wait for the slow process of evolution, to gain the desired end and solve the problem of their future. We have patterned our method for the teaching of health habits on the method used by the greatest teacher the world has ever known, the Christ. He only offered to the world, sin sick and soul sick, as He knew it to be, the ideas and ideals of religious life, and though He portrayed the

¹ Read at a meeting of the Indiana State Nurses' Association, Indianapolis, October, 1920.

goal,—beautiful, alluring and worth while,—He forced it upon none. They could accept the conditions if they chose or pass them by.

We know that every act is the starting point of a habit. Our habits should be formed during the first twenty-one years of our life, and nature must be consulted, for she is not very lenient when neglected. In fact, she defies us to forget her laws, for the results of forgetting are pitiful, and in keeping her commands, radiant and glorious health is in store and assured. So, our habits make or break us.

When an appeal is made to a child's mind, we must remember that as far as possible, we must appeal to it through all the senses, to get our ideas across. We can appeal to his hearing, his sense of touch, his sight, and he must nearly smell and taste the edible looking fruit, with which he enjoys decorating the health posters.

Last year, every child, from the third grade through the eighth, made a large health poster. Original sketches of tooth brushes, healthy looking animals, milk bottles, children at play, and sleeping porches were popular subjects. Cut-outs from magazines, from fruit and vegetable catalogues, showing food we should eat, were used. One poster showed a child taking medicine, very dutifully, as a means of keeping in good health! At another time we used copies of pictures illustrating various health habits which the children loved to color, and in some instances they were beautifully done. Crayon coloring never fails in its interest.

Particularly, do they enjoy the health songs. If you want evidence, you should see them enjoy the pantomime of vigorous scrubbing, while rendering the following:

We're scrubbing to-night in the old bath room,
Scrubbing for health and cheer.
We're scrubbing to-night in the old bath room,
With a laugh you love to hear.
Scrubbing to-night, rubbing to-night,
Scrubbing in the old bath room.

In the first and second grades, we have tooth brush drills, chalk talks, and the Russian handkerchief drill. We read from the Health First Reader and use the Health Alphabet, both of which are issued by the Iowa Tuberculosis Association. These are splendid books for the primary grades.

From the third through the sixth grades, we occasionally have a written examination, to find just what each child is learning about diet and the health habits.

In all the rooms, including the high school, we have inspection days, on which days the health supervisor inspects the condition of

the hands, nails, and shoes of each pupil. One is surprised to find how much this is needed in the high school. In the grades, the pupils having well shined shoes have the distinction of being allowed to stand in front of the room in a line and counted, while the dirty shoes have to be the audience. This delights the children who have made the effort, and one will find them wiping off their shoes as they enter, to be sure no dust was gathered in coming to school.

Last year the health crusade was a signal success. This year the crusade will be county wide. Buttons and badges have an appeal for the children and the boys line their lapels with the attractive crusade badges along with those of their political preferences and religious affiliations. We are going to have monitors in the grades in each room who, aided by the teacher, will see to the proper marking of the chore folders.

For the physical examination, we have devised a comprehensive examination card. This examination is made once a year, by the health supervisor, who recommends medical care to be given by the family physician or, where there is no family physician, with the parent's consent the case is taken to the doctor appointed by the school board. On these cards, which are printed in two colors: white for the girls and yellow for the boys, there is space for the twelve years of the pupil's school life and between each year there is a space for the results, which are indicated by letters, as: C, (The defect has been corrected); N, (A note has been sent to the parents); V, (A visit has been made to the home), etc.

Our note to the parent is carefully worded, advising medical, dental or oculist's care. After January of the last school year out of approximately 950 pupils we examined very thoroughly 776 pupils, and found the following condition: 342 were underweight, 112 had defective throats or nose, 473 had defective teeth, 107 had defective eyesight, 95 had defective hearing.

At the end of the school year, we found: 90 per cent were drinking milk daily, 5 had had tonsillectomies, 2 had had adenoidectomies, 136 had had dental care, 32 had been fitted with glasses, 13 had had eyes treated, 2 had had ears treated.

These are very conservative figures, for much medical work was left for the summer vacation, and some was not reported until this year. The visible proof of our work was more spectacular than the figures. The children were cleaner, and the odor in the school rooms was perceptibly improved, as more baths were taken by the children. Their shoes were kept in a better condition, their hair is neater, their hands and nails are kept cleaner, and there is less eating of candy

and more of fruit at recess time. In the twice-a-week talks to the children, these are some of the points which are emphasized.

The health supervisor wears her white uniform while on duty. It makes a lasting impression on the child's mind to be told of health habits by one who looks the part of authority on the subject.

This year, the Physiology and Hygiene classes of the seventh and eighth grades are being taken over by the health supervisor. Illustrated notebooks are being kept of the text.

The work of the health supervisor in the Greensburg Public Schools is being authorized, under the new ruling in Indiana, that a school board may employ a health supervisor, who shall be a registered nurse and shall have passed a special examination given by the State Board of Education. In the spring of 1919, the present nurse was employed to help check the epidemic of influenza in the schools as a school nurse. That work had to be discontinued, however, as soon as the emergency was past. There is no law in Indiana, whereby a school board may employ a school nurse. In order that preventive and educational work along the line of health might continue, plans were formed and after much work by our active and interested superintendent of city schools (Elmer C. Jerman), the new ruling came into effect, thus keeping the work under the direction of the school board, giving it a more permanent basis.

This much needed preventive work is gaining headway and though the work now is like trail blazing, we predict wonderful things for the future, for though the present generation is to receive marked benefit, we feel that the next generation will show a still greater change in right living, and we are tugging at the wheel of evolution, helping it to move along at a brisker rate.

AN INTERESTING CASE

BY SYLVIA X. SAMPSON, R.N.

Fayette, Iowa

After many weeks of twenty-four-hour duty during the influenza epidemic, I decided to take a week of needed rest, simply sleeping, eating, and inhaling a liberal amount of fresh air. So I journeyed to my home, and began to carry out my program, but alas for my castles in the air! They were destined to be wrecked, for on the second day, my telephone rang, and a man's voice at the other end of the wire asked if it would be possible for me to go to a neighboring town, and from there into the country to take care of a very sick woman, who, the doctor said, might possibly be saved if given proper care for forty-